



LVCC January 2011 E-Newsletter

Zumba

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NEW CLASS!!!

Starting
Thursday,
January 6, 2011
7:30-8:30p



Fall 2011 Preschool/AfterK Registration

With the New Year comes Fall Registration!

In-House Lottery Registration:

January 31-February 11, 2011

Open Lottery Registration:

February 14-25, 2011

Forms and information available starting Jan. 15th at front desk



Preschool Programs

MOMMY & ME

(Ages 1½-3) Great first class. Parents help children to make a themed craft for the season. Instructor: Genie Rovang.

201105-02	\$11.00	
W	1/19-1/19	10:00A-10:45A

GARTH'S GAMES

(Ages 3-6) Join Mr. Garth to play favorites like freeze tag, duck, duck goose, and red rover! We'll invent new games too! Bring lunch. .

201106-05	\$16.00	
W	1/5-1/5	11:30A- 2:00P
201106-06	\$16.00	
W	1/12-1/12	11:30A- 2:00P
201106-07	\$16.00	
W	1/19-1/19	11:30A- 2:00P
201106-08	\$16.00	
W	1/26-1/26	11:30A- 2:00P

AMAZING ATHLETES

(Ages 2-6) Join Coach Robert! Your child will learn the basic fundamentals of different sports while improving hand-eye coordination, gross motor skills, cardiovascular health, muscle tone, confidence, teamwork and much more!

201108-02	\$47.00	
W	1/5-1/26	11:45A-12:30P

WORLD ACCORDING TO GARTH

(Ages 3-5) Mr. Garth is full of knowledge on almost any subject. Stay, Learn, & Play. Bring a lunch. Instructor: Garth Adams.

201109-04	\$21.00	Magnets
M	1/3-1/3	11:30A- 2:30P
201109-05	\$21.00	Farm Animals
M	1/10-1/10	11:30A- 2:30P
201109-06	\$21.00	Math With Money
M	1/31-1/31	11:30A- 2:30P

NEW YEAR, NEW YOU!

(Ages 3-5 Girls) Young ladies can get their hair and nails done. Girls can come dressed up or try one of our dresses. A fashion show rounds out the day. Bring lunch. Instructor: Kathy Patrick.

201112-01	\$19.00	
F	1/7-1/7	11:30A- 1:30P

MESSES & MASTERPIECES

(Ages 1½-3) We'll play and do crafts, and create a masterpiece, and maybe a few messes too. Instructor: Genie Rovang.

201114-01	\$11.00	
F	1/14-1/14	10:00A-10:45A
201114-02	\$11.00	
F	1/21-1/21	10:00A-10:45A
201114-03	\$11.00	
F	1/28-1/28	10:00A-10:45A

NERF KIDS

(Ages 1½-3) Take advantage of our mats, soft balls, and toddler toys in our warm gym. Parent must supervise their children. Instructor: Kitty Hughes.

201123-01	\$22.00	
W	1/12-1/26	9:00A-10:00A

DIETRICH'S NINJAS

(Ages 3-5) Dietrich's Ninjas is an action-packed curriculum that teaches kids to focus, increase their coordination and prepare for the listening challenges of elementary school. Instruction by Dietrich's Karate.

201116-02	\$50.50	
M	1/3-1/31	11:45A-12:15P

PLAYDOH ART

(Ages 3-5) Children will explore various colors, textures, shapes and playdoh accessories. Leave the clean up to us! Instructor: Kathy Patrick.

201121-01	\$12.00	
Tu	1/11-1/11	11:30A-12:30P

JUST ART

(Ages 3-6) Endless painting – with tempura, watercolors, race cars, marbles, hands and feet - imagination is your only limit! Wear old clothes. Bring lunch. Instructor: Garth Adams.

201122-03	\$17.00	
F	1/7-1/7	11:30A- 2:00P
201122-04	\$17.00	
F	1/14-1/14	11:30A- 2:00P
201122-05	\$17.00	
F	1/28-1/28	11:30A- 2:00P

BABY DOLL PICNIC

(Ages 2-4) Shake off the winter doldrums at our Baby Doll Picnic. Pack a lunch. We provide juice and craft supplies.

201126-01	\$15.00	
Tu	1/18-1/18	11:30A- 1:00P

FRACTURED FAIRY TALES FOR KIDS

(Ages 3-5) Pre-reading skills of sequencing, following a story board, and acting out scenes will capture their imagination and stimulate learning. Children should wear play clothes and bring lunch. Instructor: Kitty Hughes.

201127-01	\$32.00	
F	1/28-2/4	11:30A- 1:00P

TEA WITH MS. KATHY

(Ages 2-5) Invite your favorite teddy bear to a tea party! Decorate a sugar cookie and enjoy playtime and craft activities. Class is rescheduled if LCPS are open. Pack a lunch.

201145-01	\$27.00	
M,F	1/24-1/24	9:00A-12:00P

ANIMALS IN WINTER

(Age 4-6) It's cold outside! Let's talk about hibernation, camouflage, and more. We'll play games, make a neat project, and play in a bear cave. Bring lunch. Instructor: Elizabeth Licciardone.

201151-01	\$21.00	
W	1/12-1/12	11:30A- 2:00P

WINTER PAJAMA PARTY

(Age 4-6) There's nothing better than curling up in your PJs with a good book, games, and friends! Hot chocolate and popcorn provided. Wear (or bring) pajamas and pack a lunch. Instructor: Elizabeth Licciardone.

201153-01	\$21.00	
W	1/26-1/26	11:30A- 2:00P

Elementary & Middle School Programs

MOVEABLE TEACHER WORK DAY

(Ages 6-12) Children will tour a nature center in the morning and play laser tag in the afternoon. Pack a lunch and an afternoon snack. Dress, in layers. Children must be picked up by 5P.

201228-01 \$51.00M
1/24-1/24 9:00A- 5:00P

FOOTBALL FUNDAMENTALS

(Ages 6-9) Instructor: Robert Jackson, Amazing Athletes

201203-01 \$89.00
Sa 1/8-1/29 10:00A-11:00A

DIETRICH'S DRAGONS

(Ages 6-12) Dietrich's Dragons is an action-packed, exciting developmental program combining play, therapy, fitness, gross motor and martial arts skills.

201206-02 \$50.50
M 1/3-1/31 3:00P- 3:30P
201206-05 \$66.00
Sa 1/8-1/29 10:15A-10:45A

DIETRICH'S MLK HOLIDAY CAMP

(Ages 5-12) See description for Dietrich's Winter Break Camp.

201208-01 \$44.00
M 1/17-1/17 8:00A- 6:00P

DIETRICH'S SCHOOLS OUT CAMP

(Ages 5-12) See description for Dietrich's Winter Break Camp.

201209-01 \$44.00
M 1/24-1/24 8:00A- 6:00P

SPORTS PERFORMANCE TRAINING

(Ages 10-16) Exercises for teens designed to strengthen core muscles and increase their overall power and conditioning.

201514-01 \$386.00/16 sessions; \$215/8 session punch card
Tu/Th 1/4-2/24
Tuesdays, 7:45-8:45p
Thursdays, 6:30-7:30p

AMERICAN GIRL DOLLS

(Ages 5-10) Join us to learn about Felicity, Kit Kittredge, Julie Lanie and others too! Play American Girl games and make a craft and a special snack. Instructor: Elizabeth Licciardone.

201211-01 \$21.00
W 1/19-1/19 3:00P- 5:00P

CHESS & CHECKERS

(Ages 8-14) Players will be matched according to experience and will progress to play other participants. Instructor: Kitty Hughes.

201220-01 \$25.00
Tu 1/18-2/8 6:15P- 7:15P

MLK PROGRAM

(Ages 6-12) Celebrate Martin Luther King Day by traveling to Leesburg for the parade, visiting a playground, and bowling. Pack a lunch and snack. Dress in layers. Children must be picked up by 5P. Instructor: Kitty Hughes.

201226-01 \$50.00
M 1/17-1/17 9:00A- 5:00P

DANCE BLAST

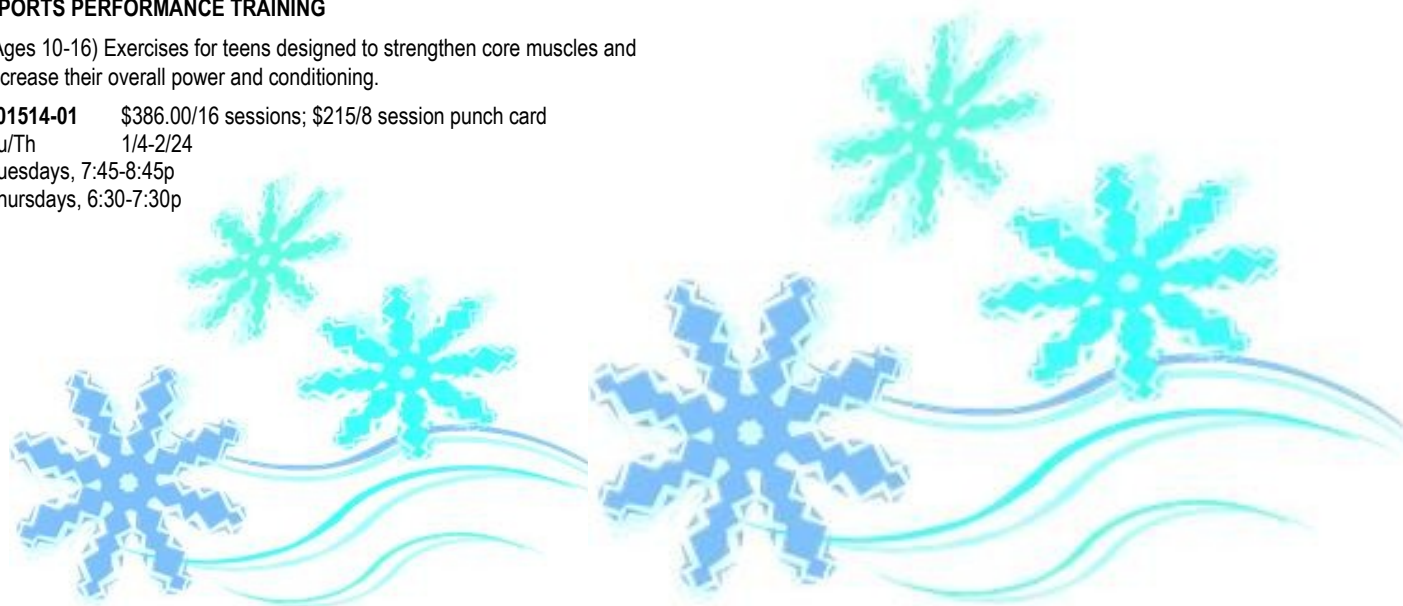
(Ages 10-12) Dance Blast is a fun, high energy, blend of hip hop, jazz, and your own unique style! Instructor: Sara Johnson.

201302-01 \$32.00
Sa 1/8-1/29 12:00P-12:45P

FOOTBALL FUNDAMENTALS

(Ages 10-13) Instructor: Robert Jackson, Amazing Athletes

201301-01 \$89.00
Sa 1/8-1/29 11:00A-12:00P



FITNESS PROGRAMS

TOTAL BODY WORKOUT

(Ages 18 & Up) Ongoing programs at LVCC. 5 Total Body Workout Programs. Purchase a 15 visit punch card for \$100 and use it for any of the 5 programs. First class is free. Must register in person at LVCC to receive punch card.

Mondays: Cross Training 6:30P- 7:30P

Mid to high intensity interval class (with low impact options). This class may include cardiovascular conditioning, calisthenics, agility, balance, and muscle conditioning. All fitness levels welcome. Instructor: Chrissy Schneider.

Tuesdays: Cardio, Core, & More 9:00A-10:00A

Cardio format will rotate between step, kickboxing, dance aerobics, athletic conditioning, and interval training. The core training segment will focus on exercises designed to strengthen and stabilize your abdominal, back, and other trunk muscles. All fitness levels welcome. Instructor: Sara Johnson.

Wednesdays: Cardio/Strength 6:30P- 7:30P

Cardio format will rotate between dance aerobics, step, kickboxing, athletic conditioning, and interval training. The muscle conditioning segment will include exercises designed to improve muscle endurance and strength for the major muscle groups and will include core and balance training as well. All fitness levels welcome. Instructor: Sara Johnson.

Thursdays: Body Tone 9:00A-10:00A

Total body muscle conditioning. This class will shape your body through muscle endurance and stability exercises, using various types of fitness equipment. All fitness levels welcome. Instructor Kristen Ramsey.

Thursday: Zumba *NEW* 7:30-8:30p

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will inspire you to dance your way to fitness. It's an exciting hour of calorie burning, body energizing, awe-inspiring movements meant to engage and captivate! Add some Latin flavor and international zest into the mix and you've got a Zumba class! . Instructor: Sara Johnson.

Saturdays: Cross Training 8:30A- 9:30A

Mid to high intensity interval class (with low impact options). This class may include cardiovascular conditioning, calisthenics, agility training, balance, and muscle conditioning. All fitness levels welcome. Instructor: Kristen Ramsey & Chrissy Schneider.

First Total Body Workout Class **FREE!!**

Fitness Center



Fitness Room Hours:

Monday-Thursday

7:00a-9:30p

Friday

7:00a-6:00p

Saturday

8:00a-4:00p

Membership Options:

\$125/6 month membership

\$225/1 year membership

\$125/1 year for students and seniors

Personal Training

\$25/HR FOR MEMBERS OF THE LVCC FITNESS CENTER

Benefits of Personal Training

- Learn how to use the equipment in the fitness center
- Obtain an individualized fitness program that suits your goals and time commitment
- Learn new ways to enhance your current exercise routine
- Learn how to incorporate free weights and other fitness equipment into your workout using proper form.
- Increase cardiovascular health, muscle strength and endurance, flexibility, self esteem, and decrease stress

SEE FRONT DESK STAFF FOR MORE DETAILS



Dance Blast

Ages 10-12

Saturdays,

Noon-12:45p

\$32/month

201302-01 : 1/8-1/29

Dance Blast is a fun, high energy blend of hip hop, jazz, and your own unique style!

Instructor:

Sara Johnson



**Help
Wanted**

Are you interested in becoming a preschool or child care sub? LVCC is always looking for qualified parents/ people in the community who want to be a bigger part of their child's education and life experiences. If you are interested, contact LVCC for the details. We are also looking for energetic people to join the LVCC Advisory Board. The Board is involved in a lot of key decisions about the future of LVCC. If you are interested in being a part of this dynamic group, please give us a call. We would love to have you on our team!

ADA Policy:

Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please call Adaptive Recreation 10 days prior to the start of the activity.

Main # 703-777-0343

TTY# 703-771-5352

Loudoun Valley Community Center

320 W. School St.

Purcellville, VA 20132

Phone: 540-338-4122

Fax: 540-338-6325

Loudoun Valley Community Center
Parks, Recreation, Community Services
Created by: Eugenia Rovang
January 2011

Hours of Operation:

Monday - Thursday

7:00a-9:30p

Friday: 7:00a-6:00p

Saturday: 8:00a-4:00p

Manager: David Shockley

Assistant Manager:

Steve Adgate